

## EAST BASEBALL WINTER SCHEDULE

(Starts January 9, 2017)

### Every Week

Monday and Thursday 6:30am: Varsity Conditioning MANDATORY FOR VARSITY – ENCOURAGED FOR YOUNGER PLAYERS (Coaches Frederick and Shipman)

Wednesday: 2:45 - 4pm: Frosh/Soph Cage Time (Coach Waite)

Tuesday and Thursday: 4pm-6pm: Varsity Cage Time (Coaches Chambers and Shipman)

### Gymnasium Practices

Friday January 20: 3pm – 5pm Full Team in Gym

Saturday February 4: Time TBD Varsity in Gym

Friday February 11: 3pm-5pm Varsity in Gym

Friday February 17: Full Team in Gym

Depending on February weather, some workouts may be moved outdoors

ALL PLAYERS ARE EXPECTED TO RUN AND CONDITION ON THEIR OWN, IN ADDITION TO CONDITIONING WITH THE TEAM